



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U10** COMPETITIVE



SESSION 2

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STANDARD STRETCHING INTRODUCTION

Warm Up



Purpose

To warm up players' muscles and increase blood flow.

Organization

Have the players pair up and form 2 lines.

Game Objective

Players jog around the area following the coach's commands, then stretch.

Progressions

- Change - change direction, increase speed of turns as players get warmer
- Heel flicks - lean forward and flick heels up to bottom (hamstring stretch)
- Outside of foot flicks - put hands up to sides and touch outside of feet by flicking them up
- Thighs up - put hands out in front, palms down; slap thighs against palms to stretch quads
- Side to side - face in or out and move along by clicking heels together
- Skipping - skipping forwards using arms to help bound; get as high as possible
- Sideways skipping - jog sideways by crossing one foot behind the other
- Leaps - jump up for imaginary header; try alternating bounding leg
- Down for rolls - spring to floor and do a sideways roll, then quickly back up
- Bouncing - jog, then bounce against partner's shoulder, land, continue
- Swap places - swap places with partner as quickly as possible; communicate
- Leap frog - back player leaps over players in front; each does same
- Hopping & bounding - use one foot and both feet together
- Back to front - back pair race against each other to be first to the front

Key Coaching Points

Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.



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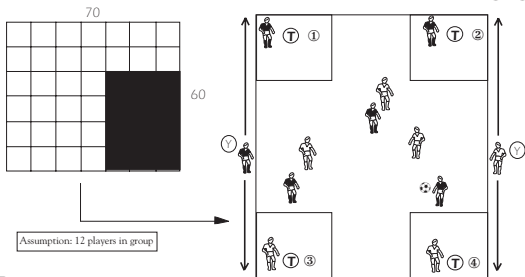
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SESSION 2 - Week 5

1 hr. 45 min. practices, 2 recommended practices per week

Penetration



Purpose

To develop combination play in passing and movement.

Organization

Set out a 30 x 40 yard area with 5 x 5 yard corner grids. Station a target player in each corner grid—no attackers or defenders are allowed in this area. Play 3 v 3 in the middle area with 2 (Y) players moving up and down the touch line in support of the team that has the ball. The (Y) players cannot enter the grid.

Game Objective

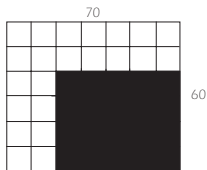
The (T) players combine to get the ball to (T) ① or (T) ②. A goal is scored when a target player controls and stops the ball with the sole of his foot inside a target area. A player from the opposite team collects the ball from the target player and plays the ball back into the area to restart the game.

Progressions

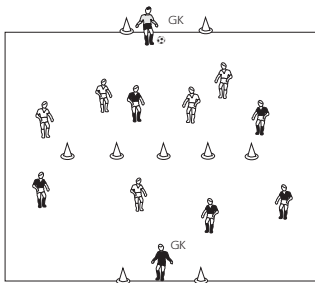
1. Play is conditioned to 2 touch and all passes must be on the ground.
2. The (T) players must receive passes from teammates playing the ball from the defensive 1/2.

Key Coaching Points

1. After passing the ball, players should make diagonal or overlapping runs.
2. Teams should attempt to beat man to man marking by cross over plays.
3. Position yourself so you can receive then make a forward pass.
4. Switch play.

Width & Forward Runs

Assumption: 12 players in group

**Purpose**

To develop spreading the play from side to side to create width in attack.

Organization

Set out a 50 x 40 yard area. Place 5 discs across the middle of the area 10 yards in from each sideline. Play 5 v 5 with a goalkeeper at each end.

Game Objective

The ball is not allowed to travel through or over the discs. The object of the game is to get the ball wide in the near side of the field and attack the flanks of the attacking area. Although the ball must not travel over the discs, players may make runs over the discs.

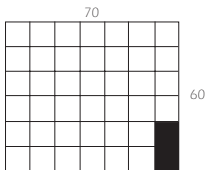
Progressions

1. Decrease the number and width of the discs in the area.
2. Players can pass the ball through the discs if they play a 1-2 combination to do so.

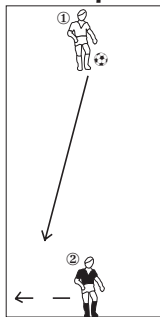
Key Coaching Points

1. Create space on the flanks by drawing defenders from the attacking space.
2. Diagonal runs, blind-side runs and overlapping runs should be encouraged to exploit space.
3. Supporting players must get forward in attack to meet the crosses to the prime scoring area.

Instep/Swerve Pass



Assumption: 12 players in group



Purpose

To develop first touch and driven pass.

Organization

Set out a 10 x 20 yard area. Group in pairs, one player on each endline. One ball between the pair. Repeat in 5 other areas for a total of 12 players.

Game Objective

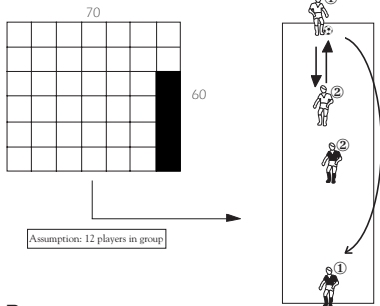
Player ① passes the ball to the sides of player ②. Player ② must control the ball back to his original starting point with his controlling touch and play the ball back across the area. Repeat in opposite direction. Once the lateral movement has been established, player ② should advance towards the ball to receive it.

Progressions

1. Condition to controlling with one foot and passing with the other.
2. Develop to chip pass and aerial control.
3. Develop to putting swerve on the pass.

Key Coaching Points

1. Control the ball and make a new angle for the subsequent pass in one movement.
2. Move into the flight of the ball as early as possible.
3. Predict the flight of the ball in selecting your controlling surface.



Assumption: 12 players in group

Purpose

To develop striking the moving ball.

Organization

Set out a 10 x 40 yard area. Two groups in pairs. One ball per group. Position two servers 5-10 yards from the players stationed on the endlines. Repeat in 2 other areas for a total of 12 players.

Game Objective

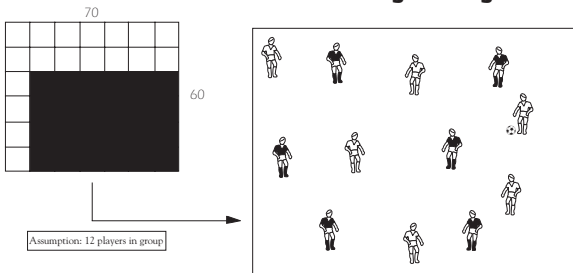
Player ① passes the ball along the ground to player ②, who plays the ball back to player ①. Player ① strikes the ball first time across the area over the heads of players ② and ②. Player ① repeats the practice with player ② in the opposite direction. Rotate positions. If the passing distance appears too great, bring the players closer together.

Progressions

Play a game of "Piggy in the Middle." Score one point if the passer clears both the central players. Score one point against if the ball is intercepted.

Key Coaching Points

1. Ensure correct striking techniques are used.
2. Assess the positioning of the non-kicking foot.
3. Keep the head steady throughout the kicking motion.


Long Passing In A Game**Purpose**

To develop aerial passing in a small sided game.

Organization

Set out a 60 x 40 yard area. Play 6 v 6. 1 ball per practice.

Game Objective

The  team is in possession of the ball. A goal is scored when a team completes three successful long passes over a distance greater than 15 yards without losing possession of the ball. The player passing the ball is not allowed to receive it back. Players should pass and move so someone can exploit their space.

Progressions

1. Both short passes and long passes can be exchanged.
2. Play in the order short pass-long pass-short pass. This will help sow the seeds of support play.

Key Coaching Points

1. Players should begin to move off the ball to offer a passing option.
2. Use both lofted drives and chips over different distances.
3. The best pass is one that goes forward, takes out the most defenders and retains possession.